Nutrition Therapy for ICU Patients with COVID-19 Disease

These simplified recommendations are based on guidelines reviewed and approved by the Society of Critical Care Medicine (SCCM) and the American Society for Parenteral and Enteral Nutrition (ASPEN).

Guiding Principles
- Cluster care by bundling all patient touches to limit clinician exposure
- Perform proper hand hygiene and wear PPE to protect providers and limit spread of disease
- Limit the number of staff providing care to limit exposure and preserve PPE

Recommendations
- Perform and document a nutrition assessment using telehealth
- Initiate enteral nutrition (EN) within 24-36 hours of admission to ICU or within 12 hours of intubation. Use parenteral nutrition (PN) when enteral is not appropriate
- Infuse enteral nutrition into stomach via 10-12 French nasogastric feeding tube
  - Place large bore nasogastric or orogastric feeding tube at time of intubation. Confirm tube placement with chest X-ray timing
  - Continuous feeding limits diarrhea and provider exposure compared with bolus feeding
  - Keep feeding pump outside room if possible
  - If patient has GI intolerance parenteral nutrition is preferred over enteral nutrition
- Slowly advance feeds to avoid refeeding syndrome over the first week to reach goal
  - Energy goal: 15-20 kcal/kg/actual body weight/day
  - Protein goal: 1.2-2 g/kg/actual body weight/day
- Use standard high protein formula >20% protein polymeric isosmotic enteral formula in the acute early illness phase
  - Give nutritional modules such as protein packets, probiotics, or fiber once a day to cluster care
- Monitor tolerance with daily physical examination and passage of stool and gas
- Most patients can tolerate enteral nutrition when positioned prone
  - Keep head of bed elevated to 10-25 degrees to decrease risk of aspiration

For additional information, contact your Medline Representative or visit medline.com.


Medline Industries, Inc. Three Lakes Drive, Northfield, IL 60093 | 1-800-MEDLINE (633-5463)
© 2020 Medline Industries, Inc. All rights reserved. Medline is a registered trademark of Medline Industries, Inc. MKT19W863641 / e20242 / 3